

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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## Chocolate Banana Squares

### *Ingredients:*

1/3 cup coconut oil, melted  
3 tbsp cocoa powder  
1/2 cup cane sugar  
2 eggs beaten  
1 tsp vanilla extract  
1 tbsp almond milk  
1/2 cup buckwheat flour, sifted  
1/4 tsp salt  
1 tsp baking powder  
2 medium ripe bananas, mashed

### *Directions:*

1. Combine melted oil, cocoa powder and cane sugar, eggs, vanilla and milk.
2. In separate bowl, combine flour, salt, baking powder.
3. Add liquid mixture to flour mixture and gently stir until well combined.
4. Add bananas and blend.
5. Pour in 8 x 8 inch pan.
6. Bake in 350 degree oven for 30 minutes.